

APRIL IS EARTHQUAKE PREPAREDNESS MONTH

This Special Edition includes two planning brochures
Your Family Disaster Plan
Your Kit of Family Disaster Supplies

IF DISASTER STRIKES

If disaster strikes

Remain calm and patient. Put your plan into action.

Check for injuries

Give first aid and get help for seriously injured people.

Listen to your battery powered radio for news and instructions

Evacuate, if advised to do so. Wear protective clothing and sturdy shoes.

Check for damage in your home. . .

- Use flashlights — do not light matches or turn on electrical switches, if you suspect damage.
- Check for fires, fire hazards and other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any other damaged utilities.
- Clean up spilled medicines,

bleaches, gasoline and other flammable liquids immediately.

Remember to. . .

- Confine or secure your pets.
- Call your family contact—do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially elderly or disabled persons.
- Make sure you have an adequate water supply in case service is cut off.
- Stay away from downed power lines.

The Federal Emergency Management Agency's Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program are nationwide efforts to help people prepare for disasters of all types. For more information, please contact your local emergency management office and American Red Cross chapter. This brochure and other preparedness materials are available by calling FEMA at 1-800-480-2520, or writing: FEMA, P.O. Box 2012, Jessup, MD 20794-2012.

Publications are also available on the World Wide Web at:

FEMA's Web site: <http://www.fema.gov>

American Red Cross Web site: <http://www.redcross.org>

Ask for: *Are You Ready?, Your Family Disaster Supplies Kit and Food & Water in an Emergency.*

Local sponsorship provided by:

City of Santa Barbara

September 1991
FEMA L-191
ARC 4466

Fill out, copy and distribute to all family members



Family Disaster Plan

Emergency Meeting Place _____
outside your home

Meeting Place _____ **Phone** _____
outside your neighborhood

Address _____

Family Contact _____
(name)

Phone () _____ **Phone** () _____
day evening



City of Santa Barbara
735 Anacapa Street
Santa Barbara, CA 93101



City of Santa Barbara, PO Box 1990, Santa Barbara, CA 93102

SPECIAL EDITION

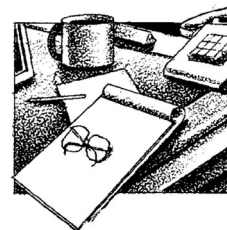
APRIL IS EARTHQUAKE PREPAREDNESS MONTH

HURRICANE • FLASH FLOOD • FIRE • HAZARDOUS MATERIALS SPILL • EARTHQUAKE • TORNADO • WINTER STORM

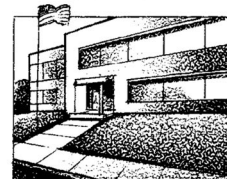
Your Family Disaster Plan



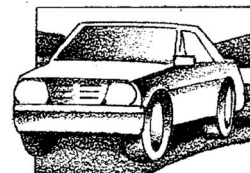
Where will your family be when disaster strikes? They could be anywhere—



at work



at school



or in the car.

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services—water, gas, electricity or telephones—were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

Families can—and do—cope with disaster by preparing in advance and working together as a team. Follow the steps listed in this brochure to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.



How will you find each other? Will you know if your children are safe?

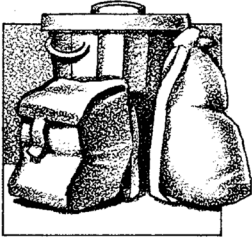


APRIL IS EARTHQUAKE PREPAREDNESS MONTH

Additional brochures are available at
www.ci.santa-barbara.ca.us and/or
 your local Fire Department

EMERGENCY SUPPLIES

Keep enough supplies in your home to meet your needs for at least three days. Assemble a Disaster Supplies Kit with items you may need in an evacuation. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffel bags or covered trash containers.



Include:

- A three-day supply of water (one gallon per person per day) and food that won't spoil.
- One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- A first aid kit that includes your family's prescription medications.
- Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
- An extra set of car keys and a credit card, cash or traveler's checks.
- Sanitation supplies.
- Special items for infant, elderly or disabled family members.
- An extra pair of glasses.

Keep important family documents in a waterproof container. Keep a smaller kit in the trunk of your car.

UTILITIES

Locate the main electric fuse box, water service main and natural gas main. Learn how and when to turn these utilities off. Teach all responsible family members. Keep necessary tools near gas and water shut-off valves.

Remember, turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so. *If you turn the gas off, you will need a professional to turn it back on.*

4 Steps to Safety

1

Find Out What Could Happen to You

Contact your local emergency management or civil defense office and American Red Cross chapter — be prepared to take notes:

- Ask what types of disasters are most likely to happen. Request information on how to prepare for each.
- Learn about your community's warning signals: what they sound like and what you should do when you hear them.
- Ask about animal care after disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- Find out how to help elderly or disabled persons, if needed.
- Next, find out about the disaster plans at your workplace, your children's school or daycare center and other places where your family spends time.

2

Create a Disaster Plan

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet:
 1. Right outside your home in case of a sudden emergency, like a fire.
 2. Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
- Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

Fill out, copy and distribute to all family members

 **Family Disaster Plan**

Emergency Meeting Place _____ outside your home

Meeting Place _____ outside your neighborhood **Phone** _____

Address _____

Family Contact _____ (name)

Phone () _____ day **Phone** () _____ evening

Inside Santa Barbara

Visit us at City-TV, Channel 18

April Highlights:

Shoreline Park Expansion Project
 Neighborhood Traffic Management Program
 Rinse and Save
 Pearl Chase Society Historic Homes Tour
 Earth Day

Airtimes:

Monday at 8:00 p.m.
 Tuesday at 5:00 p.m.
 Wednesday at 6:30 p.m.
 Saturday at 9:00 p.m.
 Sunday at 10:30 p.m.

3

Complete This Checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the water, gas and electricity at the main switches.
- Check if you have adequate insurance coverage.
- Teach each family member how to use the fire extinguisher (ABC type), and show them where it's kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a Disaster Supplies Kit.
- Take a Red Cross first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.

4

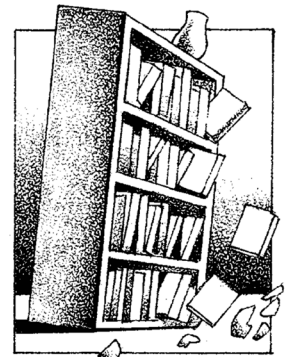
Practice and Maintain Your Plan

- Quiz your kids every six months so they remember what to do.
 - Conduct fire and emergency evacuation drills.
 - Replace stored water every three months and stored food every six months.
 - Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
 - Test your smoke detectors monthly and change the batteries at least once a year.
- | | | | |
|------------|------------------|-------------------------------|-------------------------------|
| Year _____ | Drill Date _____ | Jan. <input type="checkbox"/> | July <input type="checkbox"/> |
| _____ | _____ | Feb. <input type="checkbox"/> | Aug. <input type="checkbox"/> |
| _____ | _____ | Mar. <input type="checkbox"/> | Sep. <input type="checkbox"/> |
| _____ | _____ | Apr. <input type="checkbox"/> | Oct. <input type="checkbox"/> |
| | | May <input type="checkbox"/> | Nov. <input type="checkbox"/> |
| | | June <input type="checkbox"/> | Dec. <input type="checkbox"/> |
- Change batteries in _____ (month) each year.

HOME HAZARD HUNT

During a disaster, ordinary objects in your home can cause injury or damage. Anything that can move, fall, break or cause a fire is a home hazard. For example, a hot water heater or a bookshelf can fall. Inspect your home at least once a year and fix potential hazards.

Contact your local fire department to learn about home fire hazards.



EVACUATION

Evacuate immediately if told to do so:

- Listen to your battery-powered radio and follow the instructions of local emergency officials.
- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your home.
- Use travel routes specified by local authorities — don't use shortcuts because certain areas may be impassable or dangerous.

If you're sure you have time:

- Shut off water, gas and electricity before leaving, if instructed to do so.
- Post a note telling others when you left and where you are going.
- Make arrangements for your pets.

NEIGHBORS HELPING NEIGHBORS

Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity. Know your neighbors' special skills (e.g., medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care in case parents can't get home.

APRIL IS EARTHQUAKE PREPAREDNESS MONTH

This Special Edition includes two planning brochures

Your Family Disaster Plan
Your Kit of Family Disaster Supplies

CREATE A FAMILY DISASTER PLAN

To get started...

Contact your local emergency management or civil defense office and your local American Red Cross chapter.

- Find out which disasters are most likely to happen in your community.
- Ask how you would be warned
- Find out how to prepare for each.

Meet with your family.

- Discuss the types of disasters that could occur.
- Explain how to prepare and respond.
- Discuss what to do if advised to evacuate.
- Practice what you have discussed.

Plan how your family will stay in contact if separated by disaster.

- Pick two meeting places:
1) a location a safe distance from your home in case of fire.
2) a place outside your neighborhood in case you can't return home.
- Choose an **out-of-state** friend as a "check-in-contact" for everyone to call.

Complete these steps.

- Post emergency telephone numbers by every phone.
- Show responsible family members how and when to shut off water, gas and electricity at main switches.

- Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries two times each year.
- Contact your local fire department to learn about home fire hazards.
- Learn first aid and CPR. Contact your local American Red Cross chapter for information and training

Meet with your neighbors.

Plan how the neighborhood could work together after a disaster. Know your neighbor's skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home.

Remember to practice and maintain your plan.

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American Red Cross Web site: <http://www.redcross.org>

Local sponsorship provided by:

City of Santa Barbara

FEMA L- 189
ARC 4463

DIRECTORY OF CITY DEPARTMENTS AND SERVICES

Area Code: (805)

City Hall, 735 Anacapa Street, Santa Barbara, CA 93101

Website: www.ci.santa-barbara.ca.us

Airport	967.7111	Mayor and Council	564.5318	Distribution & Collection	
City Administrator	564.5305	Parks and Recreation	564.5418	(Water & Sewer Mains)	564.5413
City Attorney	564.5326	Adapted Recreation	564.5421	(After Hours)	963.4286
City Clerk	564.5309	Adult Sports	564.5422	El Estero Wastewater Plant	897.1910
City Employment	564.5316	Aquatics	897.2680	Engineering	564.5363
City-TV Channel 18	564.5311	Community Services	963.7567	Graffiti Hotline	897.2513
Community Development	564.5502	Creeks and Water Quality	897.2658	Permit Counter	564.5388
Building & Safety	564.5485	Cultural Arts	897.1982	PotHole Hotline	897.2630
Housing & Redevelopment	564.5461	Golf	687.7087	Street Light/Traffic Signal Hotline	564.5415
Planning	564.5470	Senior Recreation Services	897.2519	Street Maintenance	564.5413
Finance	564.5334	Street Trees	564.5434	Transportation Operations	564.5394
Business Licenses	564.5346	Teen Programs	897.2650	Transportation Planning	564.5385
Purchasing	564.5349	Tennis	564.5517	Water Conservation Hotline	564.5460
Water Billing	564.5343	Youth Activities	564.5495	Water Resources Admin.	564.5387
Fire	965.5254	Police	897.2300	Waterfront	564.5531
Library	962.7653	Emergency Use	911	Harbor Patrol	564.5530
Eastside Branch	963.3727	Public Works	564.5377	Parking	564.5523
		Cater Water Treatment Plant	897.2628		
		Downtown Parking	963.1581		



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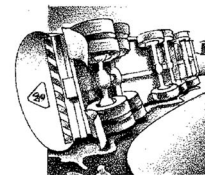
APRIL IS EARTHQUAKE PREPAREDNESS MONTH

HURRICANE • FLASH FLOOD • HAZARDOUS MATERIALS SPILL • EARTHQUAKE • TORNADO • WINTER STORM • FIRE

Your Kit of Family Disaster Supplies



Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond.

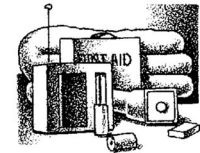


A highway spill of hazardous material could mean instant evacuation.



A winter storm could confine your family at home. An earthquake, flood, tornado or any other disaster could cut off basic services—gas, water, electricity and telephones—for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?



Your family will cope best by preparing for disaster *before* it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.



To prepare your kit

- Review the checklist in this brochure.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).



www.ci.santa-barbara.ca.us

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 your local Fire Department



SUPPLIES



**here are six basics
 you should stock in**

your home: water,

food, first aid supplies,

clothing and bedding,

tools and emergency sup-

plies and special items.

Keep the items that you

would most likely need

during an evacuation in an

easy-to-carry container—

suggested items are

marked with an asterisk (*).

Possible containers include



**a large, covered
 trash container,**



camping backpack,



or a duffle bag.

Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- ☐ Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation)*
- ☐ Keep at least a three-day supply of water for each person in your household.

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

*Include a selection of the following foods in your Disaster Supplies Kit:

- ☐ Ready-to-eat canned meats, fruits and vegetables
- ☐ Canned juices, milk, soup (if powdered, store extra water)
- ☐ Staples — sugar, salt, pepper
- ☐ High energy foods — peanut butter, jelly, crackers, granola bars, trail mix
- ☐ Vitamins
- ☐ Foods for infants, elderly persons or persons on special diets
- ☐ Comfort/stress foods — cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit* should include:

- ☐ Sterile adhesive bandages in assorted sizes
- ☐ 2-inch sterile gauze pads (4-6)
- ☐ 4-inch sterile gauze pads (4-6)
- ☐ Hypoallergenic adhesive tape
- ☐ Triangular bandages (3)
- ☐ 2-inch sterile roller bandages (3 rolls)
- ☐ 3-inch sterile roller bandages (3 rolls)
- ☐ Scissors
- ☐ Tweezers
- ☐ Needle
- ☐ Moistened towelettes
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Tongue blades (2)
- ☐ Tube of petroleum jelly or other lubricant
- ☐ Assorted sizes of safety pins
- ☐ Cleansing agent/soap
- ☐ Latex gloves (2 pair)
- ☐ Sunscreen

Non-prescription drugs

- ☐ Aspirin or nonaspirin pain reliever
- ☐ Anti-diarrhea medication
- ☐ Antacid (for stomach upset)
- ☐ Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- ☐ Laxative
- ☐ Activated charcoal (use if advised by the Poison Control Center)

Contact your local American Red Cross chapter to obtain a basic first aid manual.

Tools and Supplies

- ☐ Mess kits, or paper cups, plates and plastic utensils*
- ☐ Emergency preparedness manual*
- ☐ Battery operated radio and extra batteries*
- ☐ Flashlight and extra batteries*
- ☐ Cash or traveler's checks, change*
- ☐ Non-electric can opener, utility knife*
- ☐ Fire extinguisher: small canister, ABC type
- ☐ Tube tent
- ☐ Pliers
- ☐ Tape
- ☐ Compass
- ☐ Matches in a waterproof container
- ☐ Aluminum foil
- ☐ Plastic storage containers
- ☐ Signal flare
- ☐ Paper, pencil
- ☐ Needles, thread
- ☐ Medicine dropper
- ☐ Shut-off wrench, to turn off household gas and water
- ☐ Whistle
- ☐ Plastic sheeting
- ☐ Map of the area (for locating shelters)

Sanitation

- ☐ Toilet paper, towelettes*
- ☐ Soap, liquid detergent*
- ☐ Feminine supplies*
- ☐ Personal hygiene items*
- ☐ Plastic garbage bags, ties (for personal sanitation uses)
- ☐ Plastic bucket with tight lid
- ☐ Disinfectant
- ☐ Household chlorine bleach

Clothing and Bedding

*Include at least one complete change of clothing and footwear per person.

- ☐ Sturdy shoes or work boots*
- ☐ Rain gear*
- ☐ Blankets or sleeping bags*
- ☐ Hat and gloves
- ☐ Thermal underwear
- ☐ Sunglasses

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby*

- ☐ Formula
- ☐ Diapers
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medications

For Adults*

- ☐ Heart and high blood pressure medication
- ☐ Insulin
- ☐ Prescription drugs
- ☐ Denture needs
- ☐ Contact lenses and supplies
- ☐ Extra eye glasses

Entertainment - games and books

- ☐ Important Family Documents

- Keep these records in a waterproof, portable container.
- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

SUGGESTIONS AND REMINDERS

- **Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.**



- **Keep items in air tight plastic bags.**
- **Change your stored water supply every six months so it stays fresh.**
- **Rotate your stored food every six months.**
- **Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.**
- **Ask your physician or pharmacist about storing prescription medications.**

